

# Beginner's Gym Routine for Muscle and Strength Building

This beginner gym routine is designed to build muscle and strength using compound movements and progressive overload. Follow this plan 3 days a week, alternating between Workout A and Workout B. Ideal for both men and women.

## Workout A:

1. Squats - 3 sets of 5 reps
2. Bench Press - 3 sets of 5 reps
3. Weighted Chin-ups - 3 sets of 5 reps (or bodyweight)
4. Accessory Movement - 4 sets of 8-10 reps (e.g., biceps, triceps, or delts)

## Workout B:

1. Squats - 3 sets of 5 reps
2. Overhead Press - 3 sets of 5 reps
3. Deadlifts - 1 set of 5 reps
4. Weighted Chin-ups - 3 sets of 5 reps
5. Accessory Movement - 4 sets of 8-10 reps (e.g., triceps)

## Progressive Overload:

Increase the weight by 5 pounds each week for the main lifts. If you hit a plateau, reduce the weight by 10-15 pounds, then build back up.

*Save this guide to your phone for quick reference at the gym!*